

10 Healthy
Slow Cooker
Recipes



FAVEHEALTHYRECIPES   



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Special thanks to our blogger who contributed photos to this eCookbook's cover:

Tess Gardner from [Slow Cooking Kitchen](#)

Deseree Kazda from [Life's Ambrosia](#)



Letter from the Editors

Dear Healthy Cooking Enthusiast:

Let's be honest with ourselves here – we all could stand to eat better-for-you foods. It is often too easy to cheat on our healthy eating habits because of the abundance of tasty unhealthy food items that constantly surround us throughout the year. If you feel too overwhelmed with all the unhealthy foods that come around, then know that help is on the way!

This fantastic eCookbook from FaveHealthyRecipes.com, *10 Healthy Slow Cooker Recipes*, provides you with the quick and easy recipes you will need to keep your weight-loss goals a reality. Thanks to this definitive collection of delicious and healthy slow cooker recipes, maintaining your diet has never been easier.

The free eCookbook contains only top-notch healthy weight-loss recipes, including recipes for chicken, pork, beef, and soups and stews. Regardless of your reason for wanting healthy recipes, know that this list has recipes that are better for your overall health and wellness.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are inspired by our fan favorites. Make one or make several, and discover the delights that can be found cooking with your family!

For additional healthy recipes, be sure to visit [FaveHealthyRecipes.com](http://www.FaveHealthyRecipes.com). While you're there, [subscribe to our free healthy recipes newsletter](#), to get free recipes delivered to your inbox every week.

Enjoy all of these easy slow cooker recipes!

Sincerely,

The Editors of FaveHealthyRecipes

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Slow Cooker Meat Recipes

Slow Cooker Pulled Pork

By [Deseree Kazda of Life's Ambrosia](#)



This Crock Pot Pulled Pork recipe is well worth making. It makes for great tacos, sandwiches, and even salads. You can make many different dinners with this healthy Crock Pot recipe. It does take time, but it is worth the preparation.

Ingredients

1 1/2 teaspoons Kosher salt
1 teaspoon chili powder
1 teaspoon cumin
1 teaspoon granulated garlic
1/2 teaspoon fresh cracked black pepper
1/2 teaspoon dried oregano
5 pounds bone-in pork shoulder
1 medium onion
3 cups beef broth
2 cups water

Instructions

1. Combine salt, chili powder, cumin, granulated garlic, pepper and oregano in a bowl.
2. Rub spice mixture all over the pork. Cover and refrigerate overnight.
3. Slice the onion and lay it on the bottom of a 5 quart slow cooker. Place the pork on top of the onions.
4. Pour beef broth and water over the top. Cover and cook for 8 hours.
5. Remove from slow cooker. Allow to cool slightly. Discard bone and pan juices. Using a fork and spoon shred meat. Use in a variety of recipes.



Slow Cooker Meat Recipes

Slow Cooker Honey Chipotle Pork Ribs

By [Deseree Kazda from Life's Ambrosia](#)



Looking for a hearty dinner that will satisfy the whole family? Then try this savory and healthy crock pot recipe that is bursting with honey and chipotle flavors. This dinner recipe is the perfect warm meal. All you need to do is prepare the meat and then throw it all in the crock pot. Next thing you know, it will be ready to serve. Don't hesitate to try this slow cooker recipe today.

Ingredients

2 teaspoons kosher salt
 1/2 teaspoon black pepper
 1/4 teaspoon cayenne pepper
 1 teaspoon garlic powder
 1 teaspoon paprika
 1 teaspoon onion powder
 1/2 teaspoon cumin
 2 tablespoons olive oil
 4 pounds baby back pork ribs
 1 onion, sliced

Honey Chipotle BBQ Sauce Ingredients:

1/2 cup ketchup
 1 tablespoon soy sauce
 1 tablespoon apple cider vinegar
 2 tablespoons honey
 1 1/2 teaspoons kosher salt
 1 1/2 teaspoons paprika
 1 tablespoon Worcestershire sauce
 2 tablespoons packed brown sugar
 1/2 teaspoon garlic powder
 1 7-ounce can chipotle peppers in adobo sauce

Instructions

1. Preheat oven to 400 degrees. Line a baking sheet with aluminum foil.
2. In a bowl combine kosher salt, black pepper, cayenne pepper, garlic powder, paprika, onion powder, cumin and olive oil in a bowl. Stir to make a paste.
3. Rub mixture all over ribs. Transfer to preheated baking sheet. Place in oven and cook for 15 minutes. Turn and cook for 15 more minutes.
4. Place the sliced onion on the bottom of the slow cooker. While the meat is cooking combine all of the ingredients for the BBQ sauce in a food processor and process until smooth.
5. Transfer ribs to the slow cooker. Pour BBQ sauce over the top. Cover and cook for 6 hours. Serve.



Slow Cooker Meat Recipes

Low-Carb BBQ Meatballs

By [Kent Altena from Atkins Diet Geek](#)

When you're having a party, serving great appetizers are crucial. Why not give these Low Carb BBQ Cocktail Meatballs a try? You can bake these meatballs in the oven, or use your slow cooker. Everything from the meat mixture to the sauce itself is homemade, so you'll know exactly what you're putting in your body. No premade BBQ sauce here, folks. Check this recipe out and see what you think.



Ingredients

MEATBALLS:

2 pounds ground beef
 1/4 small onion, finely chopped
 1 egg, beaten
 1 ounce pork rinds, crushed
 1 tablespoon low-carb ketchup
 1 tablespoon Worcestershire sauce
 1 teaspoon salt
 1/2 teaspoon black pepper
 1/2 teaspoon garlic powder

SPICY BBQ SAUCE:

1/4 cup low carb ketchup
 2 teaspoons liquid smoke
 2 teaspoons Splenda, or liquid equivalent 1/2
 teaspoon paprika
 1/2 teaspoon garlic powder

Instructions

1. Preheat oven to 350 degrees F.
2. In a large bowl, add ground beef, onion, egg, pork rinds, low carb ketchup, Worcestershire sauce, salt, black pepper, and garlic powder. Combine thoroughly with your hands. Form ground beef mixture into 1 inch balls.
3. Place meatballs into glass baking dish. Cook meatballs for 20 minutes. In a large bowl, add ketchup, liquid smoke, Splenda, paprika, and molasses. Stir well.
4. Remove meatballs from oven. Add BBQ sauce to the top of the meatballs, and turn well to ensure coverage of sauce.
5. Return to oven for 10 minutes or slow cooker to finish cooking.



Slow Cooker Meat Recipes

Easy Slow Cooker Ham

This is one of the best slow cooker ham recipes because it is so easy to make and inexpensive too. Easy recipes for a slow cooker make for delicious go-to dinners any night of the week.

Ingredients

1 to 1 1/2 pounds lean canned ham
1 cup apple juice
1/3 cup brown sugar
1 teaspoon prepared mustard

Instructions

1. Slice ham into four slices and place in a small slow cooker.
2. Combine apple juice, brown sugar and mustard.
3. Pour over ham slices. Cover and cook seven to 10 hours.



Slow Cooker Meat Recipes

Hearty Beef Chili

Warm up with a big bowl of chili that is actually good for you with this easy recipe for a slow cooker. You will be amazed that this slow cooker beef chili recipe is lower in calories than a traditional chili.

Ingredients

1 pound 97% lean ground beef
1 medium onion, chopped
1 tablespoon chili powder
1 1/2 teaspoons ground cumin
2 cans (16 ounces each) diced tomatoes, undrained
1 15-ounce can pinto beans, rinsed and drained
1/2 cup prepared salsa
Salt and pepper
1/2 cup reduced fat cheddar cheese, shredded
3 tablespoons fat free sour cream
4 teaspoons black olives, sliced

Instructions

1. Heat large skillet over medium high heat. Add beef and onion; cook until beef is browned and onion is tender.
2. Drain fat. Place beef mixture, chili powder, cumin, tomatoes, beans, and salsa in slow cooker; stir.
3. Cover and cook on low five to six hours or until flavors are blended and chili is bubbly.
4. Season with salt and pepper to taste.
5. Serve with cheese, sour cream, and olives.



Best Party Drinks

Island Pineapple Chicken Breasts

Bring some tropical island flair to your kitchen with this healthy slow cooker cooking recipe. Full of pineapple and other island flavors, this low calorie slow cooker recipe is great for any night of the week.

Ingredients

4 green onions
3 tablespoons butter substitute
4 skinless chicken breast halves
Whole wheat flour seasoned with salt and pepper
14 ounce can sliced pineapple
1 avocado
Brown rice

Instructions

1. Chop onions using only 1 inch of green tops. Saute in 1 tablespoon of butter substitute until glazed. Transfer to slow cooker.
2. Coat chicken breasts in seasoned flour. Saute until brown on both sides. Transfer to slow cooker.
3. Drain pineapple. Pour juice over chicken. Cover and cook on low 3-4 hours, high 1 1/2 - 2 hours, or until breasts are tender.
4. Saute pineapple slices in butter until golden. Place on heated plater. Top each with a chicken breast.
5. Slice avocado into 8 lengthwise strips. Place 2 strips on each chicken breast.
6. Serve pan drippings over rice.



Vegetarian Slow Cooker Recipes

Holiday Breakfast Potatoes

The name says it all! Start this potato recipe the night before your big holiday breakfast. Come Christmas morning, you will have a delicious breakfast ready and waiting for you. This is one of the most convenient healthy breakfast recipes, and to think it only has 5 ingredients!

Ingredients

4 potatoes, sliced
1 onion, peeled and chopped
1 tablespoon butter substitute, or real butter 4 slices all
natural turkey bacon, cooked and crumbled
4 ounces reduced-fat cheddar cheese, grated

Instructions

1. In the slow cooker, first make a layer of potatoes.
2. On top of that, create a layer of butter substitute, onion and bacon. Sprinkle cheese over top.
3. Repeat with layering until you use up all of your ingredients. Cook on High for 8 to 10 hours.



Vegetarian Slow Cooker Recipes

Vegan Stuffed Red Bell Peppers

By [Tess Gardner from Slow Cooking Kitchen](#)



It's hard to pass up a stuffed vegetable recipe. Imagine how hard it is to pass a slow cooker stuffed vegetable recipe. Well this recipe is just that. After assembling these Vegan Stuffed Red Peppers, you can sit back and let your slow cooker do the work. They are also a great meatless meal option and a favorite among vegetarians and non-vegetarians alike.

Instructions

1. Fill steamer with recommended amount of water for cooking rice. Chop 1 red pepper; add to steamer bowl. Add 2 cups rice to rice bowl; set steamer timer as recommended (35 minutes).
2. Remove top portion of remaining peppers, membrane and seeds; set aside.
3. Chop steamed pepper. In a medium bowl combine rice, meatless ground, chopped pepper, minced garlic, sun dried tomatoes and chili sauce; mix well.
4. Scoop rice mixture into prepared peppers; add 1 inch of water to bottom of 6 qt slow cooker insert then place the peppers in the insert in an upright position. Cover and cook on high for 2.5 hours or until desired consistency.

Ingredients

5 sweet red peppers

1 (12-ounce) package Yves Meatless Ground

2 cups white rice

1/2 cup sun dried tomatoes

1/3 cup chili sauce

3 cloves garlic, minced

6 cups water (depending on steamer recommendations)



Vegetarian Slow Cooker Recipes

Slow Cooked Chili Beans

By [Adele from Vegie Head](#)



The best part about this recipe for Slow Cooked Chili Beans is that it shows you that some of the tastiest slow cooker recipes don't need to have meat or grains in them to be good.

Ingredients

- 1 onion, sauteed (you can do this in a normal fry pan)
- 2 zucchinis, diced
- 2 cans kidney beans, rinsed and drained
- 1 can cannellini beans, rinsed and drained
- 1 can chickpeas, rinsed and drained
- 1 small red chili, sliced finely
- 2 cans crushed tomatoes
- 1 tablespoon tomato paste
- 1/2 cup parsley
- 2 teaspoons chili flakes
- Black pepper, freshly cracked
- 1 teaspoon seasoning salt

Instructions

1. Put all of the ingredients, except for black pepper and seasoning salt in your slow cooker.
2. Cook on low for 8 hours, or high for 5 hours. You may need to add water if you are cooking on high.
3. Add the pepper and seasoning salt, and adjust to taste if needed. Serve this with rice or with tortillas.



Vegetarian Slow Cooker Recipes

Slow Cooked Mac & Cheese

Do you love macaroni and cheese but hate all the fat and calories associated with it? Then give this Slow Cooked Mac and Cheese recipe a try today. Good luck finding a better homemade macaroni and cheese recipe!

Ingredients

- 8 ounces whole wheat macaroni noodles, cooked and drained
- 2 tablespoons light vegetable oil
- 12 ounces evaporated skim milk
- 1 1/2 cups skim milk
- 1 teaspoon salt
- 1 pinch black pepper
- 3 cups reduced fat cheddar cheese, shredded
- 1/2 cup butter or butter substitute
- 4 egg whites, well beaten

Instructions

1. Mix 2 1/2 cups reduced fat cheese and the butter substitute into cooked macaroni while hot. Add oil and other ingredients, mix well.
2. Spray the slow cooker with nonstick cooking spray. Pour cheese and noodle mixture into slow cooker and sprinkle other 1/2 cup cheese over top. Cook on low for 3 to 4 hours.



Thanks to all the bloggers who helped make this eCookbook possible!

VEGIE HEAD

Feed the soul, taste the love.

[Adele from Vegie Head](#)

Vegie Head is Adele, from Melbourne, Australia. She is here to rock your World, and to change the way you see plant based food forever. Adele specializes in not only empowering you in the kitchen, but also empowering you in life. Adele asks the question: "How can you live a powerful life without powerful plant based food?" She creates food with integrity, food with power.

[Tess Gardner from Slow Cooking Kitchen](#)

Foodie blog author Tess Gardner is a stay-at-home mother, recipe developer and slow cooker enthusiast. Her passion for slow cooking stemmed from her desire to host large dinner parties and prepare them efficiently.



Atkins Diet Geek Blog
Atkins Diet Success Story and Low Carb Recipes

[Kent Altena from Atkins Diet Geek Blog](#)

"In starting a low carb diet 7 years, I rediscovered my love to be creative in the kitchen. With most commercially prepared foods being off-limits, I initially didn't know what to make, and I re-create a lot of old comfort foods in ways acceptable to Atkins." – Kent Altena

Life's Ambrosia

[Deseree Kazda from Life's Ambrosia](#)

"Whether it is cooking it, eating it, shopping for it or watching TV about it, food is one of my favorite things. This passion for all things food, that I have had for as long as I can remember, is the reason that I started this blog in October of 2008. Many of the recipes that you see here won't be anything fancy or gourmet because when it comes to food and cooking, I like to cook simply and I like food that is comforting." –Deseree Kazda

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